AL JADEED SUPERMARKET

Condis HYPERMARKET

Grocer App

Bravo Supermarkets

Goraknath Temple

Mazar Ashab Baba

Guruduwara Janam Asthaan

Cornerstone Community Church

Krishna Temple

Sved Bilawal Shah Noorani

Bahaudin Zakaria

Mast Tawakali

Lal Shahbaz Qalandar

Apostolic Vicariate of Quetta

St. Patrick Cathedral

Hinglaj Mata

Guru Nanak Dev Ji Trust

Sant Nenuram Asharam

METRO

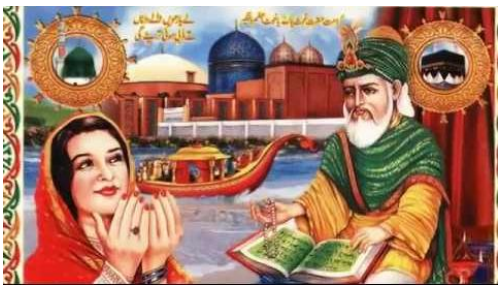
Naheed Supermarket

كارفور Carrefour

Monastery Home Economist

خانقاہ امور خانہ داری

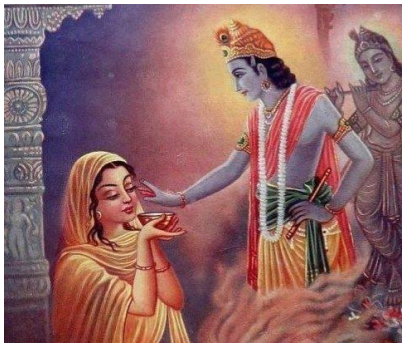
Author: Abdul Hadi Saqib



Khanqah Trust

Monastery Church Trust

Guruduwara Trust



Ashram Trust

Amenities

- Food/nutrition
- Textile
- Health
- Physical wellbeing
- Mental wellbeing
- Education – professional and vocational
- Matrimony – own home deployed
- Montessori
- Midwifery
- Automotive
- Entertainment
- Finances and budget
- Pilgrimage

Monastery home economist – introduction

Monastery is defined as a place occupied by religious community, speaking in broader terms, it is a spiritual center where people gather for a religious purpose. Monastery home economics agency is a principal agent where people who aspire to incorporate the spiritual practices in homemaking hire the agency for purpose of outsourcing their consumer and career development decisions to it. I shall be giving simulation of how this business can work, at the end of the day monastery home economics is an open discussion platform where there is no limit on ideas.

Monastery trust:

Trust is a separate legal entity which is run by trustees. In monastery trust, the trustees are those individuals who are running businesses and have vested interest in establishing the

- distribution channel and
- procuring productive labour

for their business venture.

I shall be highlighting many monastery trusts and business ventures in upcoming units.

Talking about business ventures, we shall divide these stakeholders in following types:

- Corporations (public and private companies)
- Financial institutions
- Private equity fund
- Retail investor (individual trustee)

Talking about the types of monasteries that exist in Pakistan are as follows:

- Khanqah
- Church monastery
- Gurduwara
- Ashram

Utility maximization and Amenities

The core principle of home economics lies on the utility maximization and amenities, utility is defined as the satisfaction or benefit derived from the consumption of the products. In other words we can say that utility is the fulfilment of need and want via consumption of products.

Home economics agency is a third party middle man, which aims to enhance the consumption experience while providing value for money to the beneficiaries of the agency. Home economics agency would enter via an agreement with the family unit. Family unit means any group of people whose consumer decision can be collectively outsourced, this may include tribe, large family units, monasteries, labour union, caste etc.

When we say utility maximization it does not mean only that utility of given products is maximized rather what could be the potential products in the given budget that could have been utilized, how to utilize in order to maximise the benefits and the prime time for utlisation. I shall cover one by one as follows:

- Potential products in given budget means how much aware the consumer is regarding the optimum consumption of products – e.g. consumption of protein supplements necessary to fulfill the protein deficiency via organic sources say pulses if budget is low and taking concentrated whey protein if budget is generous. In a nutshell awareness and income segmentation shall motivate consumer to consume rather save.

- How to utilize the products to maximize the benefits – that is say scheduling the routine to maximize the benefits from gym/physical fitness centre, attaining guidance from trainer and restructuring the diet pattern.

- Prime time of consumption, we need to understand that utility maximization is always with respect to right time, e.g. engaging in physical activities shall yield more benefit in youth rather than in later age, or say attaining professional education in young age is more fruitful on account of energy and enthusiasm rather than pursuing in elder age where responsibilities are more and time is less.

Amenities are basically utilities of the household, these define the home or the consumption households. Unfortunately the definition of amenities is restricted to electricity, water etc. In this paper I shall expand the definition of amenities by including the products of various service sector.

Institutional Investor trustees

The trustees as defined above include: corporations, financial institutions, private equity fund and retail investor.

Corporation include private and public companies, their vested interest include attaining business development and a channel which seeks into the affairs of the consumers. Along with that monastery trust would also allow them to procure labour that is retained for a longer period of time, this is particular in the case where the skilled and unskilled labour hailing from rural areas have high level of uncertainty as to working in a particular entity for a long time with a risk of developing trade union which may cause hurdle in operations of the organization. On the same hand it should be noted that facilities and amenities for labour is arranged by the monastery e.g. food, clothes, accommodation etc.

Financial institution, these majorly includes banks, brokerage firms and insurance companies. In a nutshell these institutions provide financing options to the consumers for affordability of utilities and investment options to hedge against inflation.

Private equity fund

These include wealthy individuals and firms which speculate over deal flow (profitability) of business ventures and products. These mainly include: venture capitalists and angel firms, the monastery trust shall play a role of an incubator/accelerator where it shall provide strategic support to the new businesses say for e.g. in providing distribution channel, marketing, research and development, training etc.

In return the monastery trust shall procure the funds from VC or Angels against the portfolio of the startups it is incubating. The monastery fund shall invest in the startup/SME against the equity ownership but would exercise its authority to set the bargaining position that is acquiring higher equity stake at lower cost of acquisition, and ability to exercise power over decisions of the entity.

Structure of corporate home economist

I have divided the hierarchy of corporate home economist into three levels: executive, functional and operational.

The executive level encompasses those home economists who oversee the overall operations of the home economics agency, the role of executive is to be accountable to the institutional investors pertinent to achievement of objectives of business development and human resource planning.

The functional/tactical level encompasses the specialized version, that is for each product the subject specialist is appointed for: data analytics – consumer behaviour, feedback, competitor products advantage. For human resource planning, it shall be: identifying the appropriate human resource (vocational and hypothetical – I shall explain this bifurcation later), continuing professional development of existing labour and career development into that field for prospective candidates.

Operational level encompasses that level which executes executive and tactical objectives delegated by the functional home economist. Operational home economist would include staff with vocational skills and education of that field, this shall be the replacement of the maid in the house, since now the educated staff shall take over the utility management of the family unit.

Family Unit

Family unit is anything that is collective form of consumers attached in any way with each other and their decisions of consumption and career can be outsourced. This would include:

- Nuclear family
- Joint Family
- Flat/Colony
- Tribe
- Monastery

I shall discuss further about the workhouse colony and its role in labour development.

Chapter 1: Food and Nutrition

As I talked earlier, corporate home economist is the transformed version of maid in the traditional society of Pakistan. What makes it unique is the inclusion of the corporate world and its vested interest in terms of business development and human resource planning, these functions are delegated to the corporate home economist whom these decisions are family units are outsourced.

As I talked earlier, the role of monastery corporate home economist shall be to cater the interests of the trustees who are business entities: corporations, financial institutions and private equity firms. For the food and nutrition I shall put forth the following cases from Khanqah, Church monastery, Guruduwara and Ashram trusts who are potential ventures for introducing corporate home economist with possible integration to business development and human resource agency.

Khanqah – Food and Nutrition

https://www.freedrugbank.com/focus-area/

Langar dastarkhawan is the norm of all Khanqahs in Pakistan, since the aim of Khanqah is charitable contribution to the society. The langar dastarkhawan of shrines caters masses in Pakistan who predominantly come from lower middle class or below poverty line segment, who cannot afford bread and butter for their households.

Talking about monastery home economist, the role of home economics agency is to stratify (segment) the beneficiaries of the monastery into: affluent and deprived, in other words people who can afford their bread and butter and those who cannot, the reason for such bifurcation is to provide the pathway to the monastery to sell premium price/branded version to affluent and mass scale food to deprived along with human resource planning of them.

Discussion

For affluent:

- Provision for cooking services in houses – outsourced maid agency
- Outsourced packed and frozen items – appliances – oven and fridge
- Dairy, livestock, agriculture
- Lifestyle customization – diet, essential fats, custom meals

For deprived:

- Human resource planning – recruitment and training
- Linking with university – reform of education
- Workhouse residency – town planning

Home franchise services of food and nutrition home economist:

Home franchise services means that corporate home economics agency provides standardized quality services of housekeeping to households with specialized advisory. In other words food and nutrition is a particular business segment which shall be overseen by the specialized home economist with qualification of:

- Nutritionist
- Microbiologist
- Professional Chef
- Grocery market executive

Moreover as I discussed earlier, the specialized home economist shall have operational staff of same field with qualifications which equip them to execute the objectives, this may include: nurse, maid – with pre requisite education.

Provision for cooking services in houses – outsourced maid agency

In eastern culture, predominantly the housewife – mother, is responsible for cooking and preparation of food for the family. This role is most advantageous for the family since the food being consumed is prepared by the household herself, however the issue is that in our society the majority population has restricted the role of a woman to merely households, especially cooking the food. In my business model, cooking food is one aspect or one industry segment, the rest of the time and effort is exerted on the advisory and supervision. I mentioned it earlier that the platform of corporate home economics agency provides opportunity for both: consumer experience enhancement and career development, means that the traditional role of housewife is transformed into the home economics outsourcing agency.

The networking of food and nutrition home economist would include specialized home economist of related sectors, this may include: sports industry (diet food), health sector (low calories/carbs) etc. Delineating the networking by food and nutrition home economist would mean that many industry/sectors are interrelated by the virtue of the consumption pattern of the consumer, say sport industry includes dietary supplements which is part of the food consumption, similarly the health care sector includes pharmaceutical products for remedy of disease to be consumed with meals.

Sports Home Economist **Nutrition Home Economist** **Healthcare Home Economist**

This network shall redefine the consumption pattern towards the food, that is the general pattern towards food include extravagance, lack of awareness of nutritional value of meal, seeking excessive eating as a source of strength etc. Now since the inclusion of sports and health care home economist is made, the modification that shall be made would include:

- Inclusion of gluten free wheat bread
- Addition of protein (plant based or whey protein) in the meal
- Inculcating cardio in early childhood in order to absorb the energy which shall assist in increasing metabolism and providing strong physique for future to maximize utility from sports industry goods.
- Advisory on the right diet for the right physical activity
- Precautionary measures in case of any disability
- Advisory for old age diet and necessary excercises.

Legacy of monasteries food setup in Pakistan:

Khanqahs:

Data Darbar

Third party vendor for langar at Data Darbar

Source: https://pakwancenter.com/daig-order-for-data-darbar%EF%BF%BC/

Abdullah Shah Ghazi

Third party vendor for langar at Data Darbar

GFC
Ghazi Food Center
غازی فوڈ سینٹر
Ghazi Food Center
Syed Abdullah Shah Ghazi Mazar
Every Thursday (Shab e Jumma) Masoor Pulao Niaz at Mazar
Per Packed Cost Rs. 75/-
Minimum 50 Packed per Order.
Add: Shop # 3, Hurram Pride, Soldier Bazar No 1, Karachi.
For Contact: 0300-2230043, 0343-9295057

Lal Shahbaz Qalandar

Church Monasteries:

Second Adam Church:

Source: https://secondadamchurch.org/free-food-distribution-ministry/

The free food distribution ministry in Pakistan holds profound biblical significance as it aligns with the teachings and values found in Scripture. From a biblical perspective, here are some key reasons why this ministry is important:

- **Compassion and Love**: The Bible emphasizes the importance of showing compassion and love to others, especially to those who are in need. Jesus demonstrated this through His ministry by feeding the hungry crowds (Matthew 14:13-21). The free food distribution ministry reflects this biblical call to care for others, particularly those experiencing hunger and food insecurity.

- **Justice and Equality**: The Scriptures repeatedly call for justice and equality, particularly for the vulnerable and marginalized in society. This includes providing food for the hungry (Isaiah 58:7, Luke 14:13) and caring for widows and orphans (James 1:27). The free food distribution ministry in Pakistan aims to address these needs, ensuring that individuals have equal access to nutritious food regardless of their socioeconomic status.

- **Stewardship**: The biblical principle of stewardship encourages believers to responsibly manage and share the resources they have been entrusted with. In the context of food, believers are encouraged to share their abundance with those in need (Luke 3:11). The free

food distribution ministry allows individuals to fulfill their role as faithful stewards by sharing their resources and providing sustenance to those who lack it.

- **Community and Fellowship**: The early Christian community emphasized fellowship and sharing with one another (Acts 2:44-45). The free food distribution ministry fosters a sense of community and solidarity, bringing believers together in service to others. It allows them to live out their faith practically, strengthening relationships and building a supportive community.

- **Witness and Evangelism**: The free food distribution ministry provides a unique opportunity for believers to be a witness to the love and compassion of Christ. By meeting the physical needs of individuals through this ministry, believers have the chance to share the message of the Gospel and demonstrate God's love in action (Matthew 5:16).

Gospel Mission Ministries Pakistan

Source: https://gmmp.org.pk/service/free-food-distribution/

Food Pantry

GMMP allows individuals and families to register for food quarterly.

Individuals who qualify for food pantry receive a large box of food quarterly which includes non-perishables, desserts, dairy products, drinks, beans, rice, tea, etc. GMMP encourages all clients to visit the food pantry as often as needed during their 60-day period to receive breads, sweets, and other items as they are available.
The food pantry ministers to over 5000 people each year with a nondiscriminatory policy. GMMP does all these activities according to its partner's support.

Guruduwara

Guruduwara Nankana Sahib

Guruduwara Kartarpur Sahib

Ashram

Sant Nanu Ram Ashram

One can just walk into it ,eat his meal and sleep without a question being asked. It is surprising that such a hospitable institution exists in Tharparkar district , that is perpetually drought striken and is populated by people, most of whom live far below the lowest line of poverty, generations through generations.
Source: http://santnenuram.org/